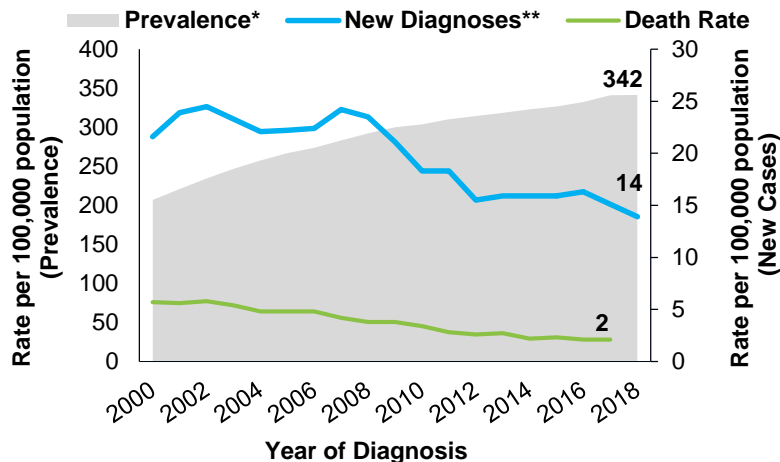




HIV in North Carolina, 2018

HIV Rates declined in North Carolina, 2018

- 35,457 people were diagnosed with HIV and living in North Carolina as of 12/31/2018.
- It is estimated that 40,000 people are living with HIV/AIDS in North Carolina, including an estimated 5,000 people who have HIV but are undiagnosed as of 12/31/2018.
- 1,218 adults/adolescents were newly diagnosed with HIV/AIDS in 2018 (rate of 13.9 cases per 100,000 population), which is a slight decrease from the 1,305 new diagnoses in 2017 (rate of 15.1 cases per 100,000).



2018 HIV among Men:

- 974 men were newly diagnosed with HIV (rate: 23.1 per 100,000).
- 81% of men newly diagnosed with HIV reported sex with men (MSM)
- 5% of men newly diagnosed with HIV reported injecting drug use, which is similar to the past few years
- 50% were young men, ages 13 to 29
- Black/African American men continue to experience the highest rates of new HIV diagnoses (69.8 cases per 100,000).

2018 HIV among Women:

- 244 women were newly diagnosed with HIV (rate: 5.4 per 100,000).
- 88% of women newly diagnosed reported exposure through heterosexual contact
- 11% reported injecting drug use, which is slightly higher than the past few years
- 52% were under the age of 40
- Black/African American women continue to experience the highest rates of new HIV diagnoses (16.0 cases per 100,000).

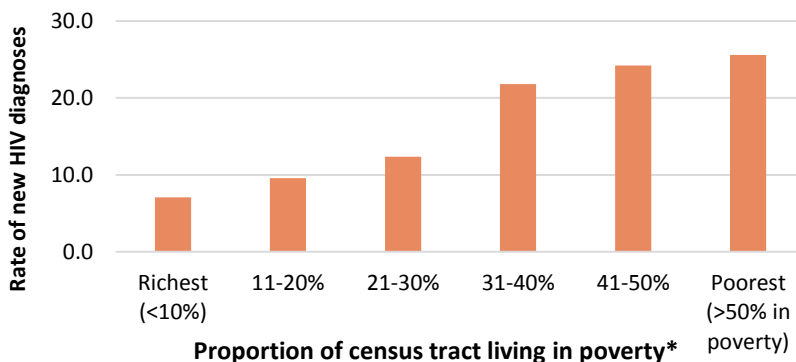
Information on transgender North Carolinians with HIV is available in our annual report

<https://epi.ncpublichealth.info/cd/stds/annualrpts.html>

New HIV Diagnoses by Poverty Indicator, 2018

HIV rates are highest among people living in the most impoverished neighborhoods.

People living in impoverished areas often have less access to resources, including health resources. This can result in less viral suppression and increased potential for transmission.



*Estimates of people living below the poverty line within a census tract and all population estimates obtained from the American Community Survey, 2013-2017 5-year estimate (<https://www.census.gov/programs-surveys/acs/>).

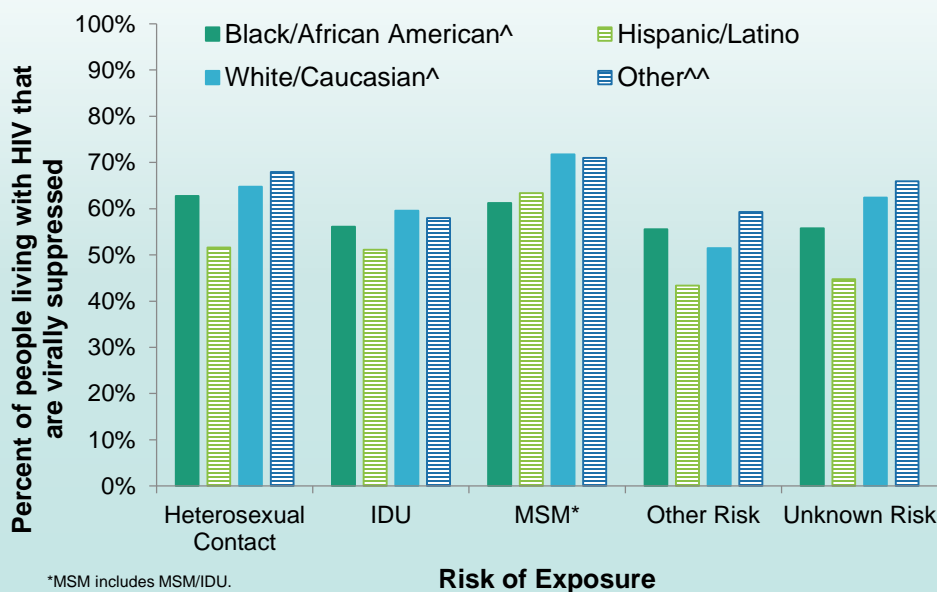


HIV in North Carolina, 2018

What is North Carolina doing to decrease HIV?

- North Carolina is collecting community input to identify key challenges and innovative solutions that will allow us to end HIV. The End the Epidemic steering committee will identify goals and plans for this effort by January 2020.
- North Carolina provides funds for HIV testing, linkage to care, and evidence-based risk reduction programs. These activities are oriented toward support for the communities most affected by HIV, such as young men of color.
- Local health departments and other providers are starting to offer Pre-Exposure Prophylaxis (PrEP) for HIV. For more information about PrEP, visit <https://www.med.unc.edu/ncaidstraining/prep/PrEP-for-consumers> or <https://pleaseprepmep.org/>.

Viral Suppression by Race/Ethnicity and HIV Exposure, 2018



- Being virally suppressed (undetectable viral load) prevents transmission of HIV to others.
- 62% of people diagnosed and living with HIV in NC were virally suppressed in 2018.
- Barriers to care and achieving viral suppression include lack of transportation, lack of family support, social stigma, and the complexity of accessing health insurance.
- Latina/o residents of NC have lower viral suppression than other race/ethnicity groups.

What CLINICIANS can do

If you are a care provider, educate yourself about PrEP (<https://www.med.unc.edu/ncaidstraining/prep/PrEP-for-consumers> or <https://pleaseprepmep.org/>). Ensure that you receive regular cultural competency training in order to better meet the needs of your patient population.

If your patient is sexually active and HIV positive, talk with your patient about their sexual health. Patients with ongoing STD risk behaviors should be tested regularly for syphilis and other STDs, like gonorrhea and chlamydia. STD prevention is HIV prevention!

What YOU can do

If you have HIV, seek treatment: you deserve a long and happy life!

For treatment help, visit the North Carolina HIV Medication Assistance Program (HMAP, formerly ADAP) website: <https://epi.publichealth.nc.gov/cd/hiv/hmap.html>

Data Sources: enhanced HIV/AIDS Reporting System (eHARS) (data as of June 26, 2019) and North Carolina Engagement in Care Database for HIV Outreach (NC ECHO) (data as of July 2019).